

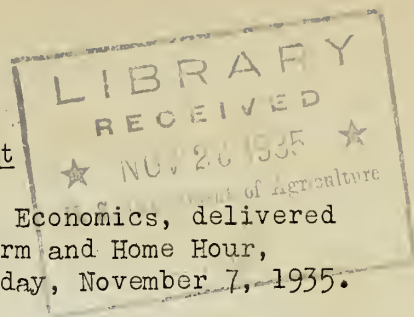
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HOUSEHOLD CALENDAR

A Dozen Good Choices in Low Cost Meat

A radio talk by Miss Ruth Van Deman, Bureau of Home Economics, delivered in the Department of Agriculture period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Thursday, November 7, 1935.



MR. SALISBURY: Once more we're bringing you a Household Calendar talk with your friend, Ruth Van Deman, in the lead as usual. Miss Van Deman, does your talk today have a title?

MISS VAN DEMAN: A title? No, not a formal one. But I suppose we might call it "The dozen best choices in low-cost meats". Or maybe there's a baker's dozen of them. I haven't counted.

MR. SALISBURY: Well, whether it's a butcher's dozen or a baker's dozen, we won't worry. But don't you think we'd better call it "A dozen good choices in low-cost meats." You know there's a wide divergence in retail meat prices and supplies in different parts of the U.S.A. What may be a good buy in Dunkirk, New York, may not even be in the market in my old home town out in Kansas. So we don't want anybody to take us too literally and be disappointed.

MISS VAN DEMAN: No, we certainly don't. I realize that probably no one can go into any one meat market and pick up a bargain on every one of the meat dishes I'm going to mention. But before we get down to smothered steak and onions and other details like that, won't you give us just a little general background on the meat situation?

MR. SALISBURY: Glad to. According to the figures gathered by the Bureau of Agricultural Economics, the forequarter cuts of beef and lamb and all animals are the better buys if you're after low-cost meats. As generally happens in the fall, lamb is coming to market in quantity. The high point comes in October.

MISS VAN DEMAN: Western lambs from the range, I suppose.

MR. SALISBURY: Yes, it's chiefly grass-fed lamb we get in the fall. As the sheep come off the range at this time of year, the larger, fatter lambs are picked out for immediate use and the lighter-weight animals are sold as feeders. They're fed on grain and marketed gradually through the winter. There was plenty of grass in the mountain pastures this summer and, I'm told, that lambs this fall are well-grown and heavy. In fact the quality of meat in general is better than it was a year ago.

MISS VAN DEMAN: The effects of the drought are wearing off then.

MR. SALISBURY: Yes, gradually. Of course we haven't as many highly finished animals as sometimes, but over-finished cattle make "wasty" carcasses. So this year we're fortunate in having a larger proportion of moderately well-finished animals for slaughter than the extremes of very fat and very lean that we sometimes have.

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MISS VAN DEMAN: Then a woman who's a smart marketeer can find plenty of good grade meat in the lower-price ranges.

MR. SALISBURY: Yes, if being a smart marketeer means knowing forequarter cuts from hindquarter cuts. But, Miss Van Deman, when it comes to placing savory viands on the table, I think being a good cook is just about as important as being a smart marketeer.

MISS VAN DEMAN: Yes, sir, I agree.

MR. SALISBURY: A minute or two ago, you mentioned smothered steak and onions. What are the other tantalizing, appetite-tickling concoctions on your list of good choices for the merry month of November?

MISS VAN DEMAN: Braised stuffed shoulder of veal. That's a forequarter cut.

MR. SALISBURY: Yes, and a good one.

MISS VAN DEMAN: Then, curried lamb or veal or pork. You can make that from small pieces, tid-bits, from any part of the carcass. And so you can fri-cassee of lamb or veal with dumplings. Then meat patties with tomato gravy, and chili con carne, those are savory dishes using ground meat from any quarter, fore or aft, depending on where the price differential is favorable.

MR. SALISBURY: That's six down, six to go, and one minute to play, Miss Van Deman.

MISS VAN DEMAN: All right. Roast breast of lamb. Spareribs with apple stuffing. Sauerbraten with gingersnap gravy, the German version of a pot roast. Braised short ribs of beef.

MR. SALISBURY: Touchdown for me. Braised short ribs, that's ten.

MISS VAN DEMAN: Well for the other two, let's have meat pie, and last ham gumbo in a rice ring. I found the other day that smoked ham is only two or three cents a pound higher than fresh ham. And picnics, cured pork shoulders, are even cheaper than fresh pork shoulders. A ham butt or a piece of smoked pork shoulder is excellent in a gumbo.

MR. SALISBURY: What about the recipes for all these fine sounding dishes? Are they in that meat pamphlet your bureau printed?

MISS VAN DEMAN: Yes. They're all in "Meat dishes at low cost;" ask for Miscellaneous Publication 216. It has 60 recipes - an even 5 dozen, for cooking all the lower-priced cuts of meat.

MR. SALISBURY: Thank you. I see where you'll have to have another secretary to handle the requests for your bulletin "Meat dishes at low cost" - 60 different recipes for savory meat dishes.